



# Hysteroscopy

## Your recovery after an awake outpatient procedure

You had an awake outpatient hysteroscopy today. This fact sheet explains what to expect during your recovery.

### Common symptoms after a hysteroscopy

After your procedure, you may have some symptoms, like:

- cramps, like period pains
- mild bleeding or spotting
- feeling sick (nausea) or tired (fatigue)
- muscle pain.

If you have pain or cramps, a heat pack can help.

You may need simple pain medicine, like paracetamol or ibuprofen, for the first 48 hours (2 days). If you had an intrauterine device (IUD) inserted, you may need them for a little longer.

Always check with your doctor or pharmacist before you take them to make sure they're right for you.

See your local doctor (GP) or go to the nearest Emergency Department if your bleeding doesn't stop or gets heavier.

### Getting back to everyday activities

You can get back to your usual activities, including exercise and swimming, when:

- your bleeding is light, and
- you feel ready.

You can start having sex again 2 weeks after the procedure, if you feel ready.

### When to get medical help

Some symptoms may mean you have developed an infection or another complication.

Contact your GP or go to the nearest Emergency Department if you have:

- fevers
- vaginal discharge that smells
- heavy bleeding (heavier than your usual period)
- fainting
- generally feeling unwell.

If you have an emergency, call triple zero (000).

### Your follow-up appointment

We will make a follow-up appointment for you with the Gynaecology Outpatients Clinic to discuss your results. This appointment will be by phone or in person. We will tell you when and where it is.

### Do you need an interpreter?



Interpreter

You can ask for an interpreter if you need one.

### Family Violence Support

#### 1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

[1800respect.org.au](http://1800respect.org.au)

## For more information

Read our fact sheet

### Hysteroscopy - information for outpatients

[thewomens.org.au/health-information/fact-sheets#hysteroscopy-information-for-outpatients](http://thewomens.org.au/health-information/fact-sheets#hysteroscopy-information-for-outpatients)

### Gynaecology Clinics at the Women's

(03) 8345 3033

[thewomens.org.au](http://thewomens.org.au)

### Nurse on Call

You can call Nurse on call for general advice and information.

You can call any time of night and day.

1300 60 60 24

### Better Health Channel

[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

**Disclaimer:** This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.

© The Royal Women's Hospital 2026